

# Whole Grain Fruit Crisp

Makes: 80 Servings

80 Servings

Ingredients	Weight	Measure
water packed apples, sliced		7 1/2 cups
unsweetened blueberries, frozen	5 qts.	
Wheat flour, whole-grain		3 1/3 cups
Oats		10 cups
Ground cinnamon	3 Tbsp + 1 tsp	
Brown sugar		5 cups
soybean oil, salad or cooking		2 1/2 cups

## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>216</b>
Total Fat	9 g
Saturated Fat	1 g
Cholesterol	N/A
Sodium	5 mg
Total Carbohydrate	32 g
Dietary Fiber	4 g
Total Sugars	N/A
Added Sugars included	N/A
<b>Protein</b>	<b>4 g</b>
Vitamin D	N/A
Calcium	27 mg
Iron	2 mg
Potassium	N/A
N/A - data is not available	

## Directions

1. Preheat oven to 350°F. Spray baking dish with cooking spray.
2. Wash, core, and chop apples. No need to peel them. Put apples in baking dish with blueberries.
3. In another bowl, mix flour, oats, sugar, and oil until crumbly. Spread evenly over fruit.
4. Bake at 350°F for about 40 minutes or bubbly.

**Source:** Idaho State Department of Education, Child Nutrition Programs